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Bangalore Mirror

TEMP Max 24 | Min 20 | Humidity 87% Mostly cloudy Sensex 65,205 | Nifty 19,322 | Gold 58,340 | Silver 69,473 | Dollar 81.92 | Euro 89.38 | GBP 103.98

DIGGING FOR WATER

BBMP plans to dig 100 borewells as contingency plan

PAGE 3

ALL HANDS NOT ON DECK

Metro work suffering due to a shortage of skilled labour

PAGE 5

Built at a cost of Rs 2.25 cr, in a few months, Sir M Visvesvaraya Square reduced to stagnant pool where mosquitoes breed

UNFAIR & SQUARE

Mini-library at spot was vandalised; BBMP to hand over maintenance to private entity

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Another day, another example of Bruhat Bengaluru Mahanagara Palike's (BBMP's) failure in maintaining public spaces that were developed after spending a huge amount of money. This time we are talking about the nauseating condition of Sir M Visvesvaraya Square near KR Circle. Not only is this an embarrassment to the departed soul in whose name the square is built, but being in a prime location, it also is a major eyesore.

Sir M Visvesvaraya Square was developed along the KR Circle at an estimated cost of Rs 2.25 crore. It was inaugurated by Basavaraj Bommai, the chief minister of that time, on September 15, 2021, on the occasion of the National Engineers' Day. The Square has seating facilities for the benefit of visitors, pedestrians and those working at government offices. It has a mini library for those who want to read books under the shade of huge trees. But it just took a few months for the square to successfully join the list of neglected public spaces in the city.

"It is a shame on those responsible for the maintenance of the square. Its poor maintenance is an

CONTINUED ON PAGE 8 »

"A private builder has come forward to maintain the square. The process will be completed in a week – BS Prahalad, BBMP

Just a one-time fantasy ride?

Experts feel B'luru-Dharwad Vande Bharat train too costly and 'not that fast'

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TWEETS @BangaloreMIRROR

High ticket price and marginal time difference between other express trains has caused the newly launched Vande Bharat from Bengaluru to Dharwad to be a late-starter.

The 23rd Vande Bharat train from the country, which runs a distance of 490 km, was launched recently. But there is concern that these premium fast-moving trains would remain unaffordable for a larger section of the population. Additionally, with over five stops, Vande Bharat runs for 6 hours 25 minutes and the Janshatabdi Express completes the journey within 7 hours and 10 minutes. Rail activists also highlight that the provision of only one catering service per trip at the given price point is outrageous.

The cost of the Vande Bharat ticket is Rs 2,265, out of which the base fare is Rs 1,855, Rs 60 as a reservation charge, Rs 75 as a superfast charge, Rs 100 as total GST, and Rs 175 as catering charges. At the same time, the Janshatabdi Express for the same route would cost an adult approximately Rs 680. Rail activists say that the train caters to a

CONTINUED ON PAGE 4 »

2 THINGS TO DO

01 It's classical

Here's a chance for dance enthusiasts to participate in a unique Bharatanatyam workshop by Anuradha Vikranth. The workshop will include an introduction to Natyashastra movement vocabulary and choreography by Vikrant. Applicants must at least have trained in Bharatanatyam for six years.

Where: Chowdiah Memorial Hall,Vyalikaval
When: July 8; 9:30 am to 1 pm;
Contact- 9844191888

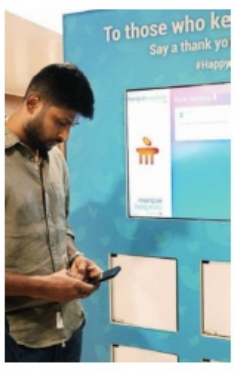
02 Art show

National Gallery of Modern Art, Bengaluru (NGMA B) presents in-house curated sculpture exhibition Pratibha from the permanent collection of NGMA Bengaluru going on at the new wing gallery. The exhibition showcases 39 sculptures and mixed media artworks of well-known artists who have contributed to the history of modern art in India.

WWhere: #49, Manekyavelu Mansion, Palace oad
When: Till August 20; Tuesday to Friday 11 am to 06 pm; Saturday and Sunday 11 am to 07:30 pm; Monday gallery remains closed

Celebrating doctors

Manipal Hospitals, Bengaluru, celebrated National Doctor's Day on July 1, 2023, by organising Tweet Cafés, allowing the public to thank doctors. Manipal Hospital Millers Road installed a 'Tweet Café', where over 80 people participated. Patients and visitors used social media to wish the doctors a happy Doctor's Day. Surprise-filled boxes were given to the participants. Indian cricketer Krishnappa Gowtham visited and tweeted, "Happy Doctor's Day, thank you for your incomparable efforts. Keep up the good work #Healingtouches #manipalhospitals #manipalhospitalsmillersroad." Karthik Rajagopal, COO of Manipal Health Enterprises Pvt Ltd, said, "Manipal Hospitals have harnessed the power of innovation and technology by introducing Tweet Cafés. It provides a platform for more people to wish the doctors."



Prayer time

Buddhist monks offer prayers in Maha Bodhi Society on the occasion of Guru Purnima

PIC: KAUSHIK JN

'Let's make a better deal'

NHM contractual employees demand regularisation of their employment status; say it was part of Congress manifesto, which hasn't been implemented yet

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Nearly 27,000 National Health Mission (NHM) contract employees are requesting the state government regularise their employment status. Despite working for 15-20 years, they haven't been regularised and continue to work with poor pay.

The Karnataka State Health and Family Welfare Department NHM Contracts Employees Association has issued a press statement to regularise 500–800 contract employees per district. According to the statement, the employees have been working for the past 15–20 years. The association has requested regularisation in light of other state governments taking such action. The association highlighted that the Deputy Chief Minister, DK Shivakumar, had assured them of the regularisation, which now must be implemented.

The General Secretary of the NHM Employees Association (Karnataka), Shauraj, told Bangalore Mirror that 70 per cent of employees working under the health and welfare department have been under contract employment for the past 15–20 years.

"We protested against this apathy in February and March for 40 days. We were promised by Deputy Chief Minister DK Shivakumar about the regularisation of the employees, and now with the formation of the new government, we urge the government to heed our pleas. The regularisation of NHM employees was part of the Congress manifesto as well. We are asking the state government to implement regularisation as per the manifesto," he said.

The employees have been working for the past 15–20 years on contract basis

> **"We protested against this apathy in February and March for 40 days. We were promised by Deputy Chief Minister about the regularisation**
>
> –Shauraj, NHM Employees Association (Karnataka)

The association added that, having to work as contract employees, they have been suffering from poor pay.

"Under contract employment, a Health Inspector gets around Rs 1,000 per month, and permanent employees get Rs 32,000. Staff nurses get paid Rs 11,500 per month under contract employment, and they also get Rs 35,000–40,000 per month under permanent employment. We are providing the same service as permanent employees, and our job appointment was as per norms. Our contract is renewed year after year with no added benefits like health insurance. We are just getting a consolidated salary," he explained.

Rolling in the deep

When it rains it floods, but when there is rain deficit, water hunt begins. BBMP to dig 100 borewells

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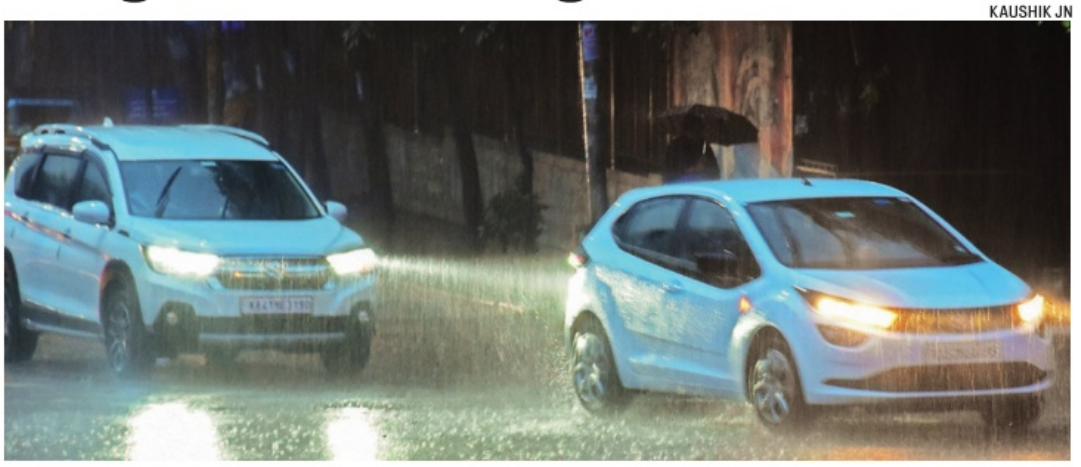
KAUSHIK JN



Bengaluru has been grappling with urban floods caused due to heavy rainfall in recent years. However, due to a rainfall deficit, the civic agency is now planning to drill new borewells on the outskirts of the city to augment water supply. The latest plan involves digging 100 borewells in the previously 110 villages that are now part of the Bruhat Bengaluru Mahanagara Palike (BBMP).

BBMP Chief Commissioner Tushar Giri Nath said, "We are facing a rainfall deficit in May and June, which may lead to water shortage in these 110 villages. To address this, we have formulated a contingency plan, which includes deploying water tankers and potentially drilling new borewells in areas like Mahadevapura, Bengaluru South, RR Nagar, and Yelahanka. The estimated cost for these borewells is around Rs 10 crore. It's important to note that these villages do not receive water supply from the Cauvery River, so this plan is part of our preparedness efforts."

Nath said that Bengaluru has witnessed ample rainfall over the past three years, resulting in a comparatively higher water table. However, the decreased rainfall in June has necessitated the requirement for additional borewells. At present, there are plans to dig borewells in Yelahanka (estimated cost of Rs 2.5 crore) and Dasarahalli (estimated cost of Rs 1.5 crore) zones. It is anticipated that each borewell will incur an expenditure of approximately Rs 8 lakh, with the total number of borewells reaching around 50 locations.

"In Bengaluru City, the expected rainfall was 9 cm, but we received 7.2 cm, which is a 20% deficit. Bengaluru Urban, with an expected rainfall of 7.8 cm, received 7.4 cm, that is 5% deficit

Nath said, "Although the budget request was for Rs 10 crore, we believe that Rs 7.5 to 8 crore would suffice." Currently, the Bangalore Water Supply and Sewerage Board (BWSSB) holds complete responsibility for water supply in the core areas, as well as the former CMC areas (Mahadevapura, KR Puram, Dasarahalli, RR Nagar, Yelahanka, Bommanahalli, Byatarayanapura, and Kengeri TMC), where the Cauvery water supply is accessible. Last year, even the existing borewells in the former CMC areas were transferred to the BWSSB. As of now, there are no plans to dig new borewells in the new areas, excluding the core areas under the BBMP's jurisdiction.

Rain shortage

Speaking on the rain deficit, A Prasad, scientist from the Indian Meteorological Department (IMD) said, "In Bengaluru City, the expected rainfall was 9 cm, but we received 7.2 cm, resulting in a 20 per cent deficit. Bengaluru Urban district, with an expected rainfall of 7.8 cm, received 7.4 cm, leading to a 5 per cent deficit. Bengaluru Rural district, with an expected rainfall of 6.9 cm, received 5.9 cm, resulting in a shortage of 14 per cent. Out of the nine districts in the state, including Bengaluru Urban and Rural, rainfall has been close to average. However, 15 districts have received less than average rainfall, while the remaining districts have reported very little rainfall. Overall, Karnataka is facing a rainfall deficit of 51 per cent. The deficit, previously at 74 per cent until June 21, has now reduced to 51 per cent due to rainfall in certain areas. The state's average rainfall should be around 21.7 cm, but we have got 10.7 cm."

Nath said BBMP was also taking measures to tackle frequent flooding in certain areas during heavy rainfall. "We have identified 198 vulnerable points prone to flooding, where water stagnates and affects nearby areas. We have addressed around 80 per cent of these points, and we will need another week to review the remaining locations. We are collaborating with the State Disaster Response Force (SDRF) and the fire and emergency services to ensure preparedness for heavy rainfall. Desilting and clearing rajakaluves (stormwater drains) have already been undertaken," he said.

CRIME FILES

Woman gangs up with lover to kill husband

Talaghattapura Police have arrested a woman for murdering her husband along with her lover.

Police on patrol received information from the control room on March 29 that the dead body of an unknown male was found near Nice Road Bridge. They found that the man had been struck with a sharp weapon on his face and body.

Investigation revealed that the deceased was Arun Kumar Ramachandra. When they arrested an accused, they found that the wife of the deceased was having an affair with him. Also, the deceased had borrowed money for a hotel business from the accused and was unable to pay back.

It is said the woman had told her lover that her husband used to beat her for being in an illicit relationship. This is when she and other accomplices took the man to the bridge and hacked him to death with a machete.

Student stabbed to death near college

A PU student was stabbed to death near college near Manjunath Nagar. Suhail, 18, was a first year PUC student. Police do not know who the culprits are or what the motive was. Basaveshwar Nagar police have visited the spot and are conducting an investigation.

Man dies by suicide

A young man is said to have died by suicide at his home in Mico Layout. The deceased youth has been identified as Aryaman Ghosh, 22. Aryaman is said to have been a loner. Neighbors and relatives said that he was suffering from depression.

Parents pass agonising hours near NGO to be reunited with children

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TWEETS @BangaloreMIRROR

Hapless parents and relatives are compelled to wait on the road in front of an NGO working for protection of children and their rights. Most of the families are from North India who migrated to Bengaluru for livelihood. They expressed concern over the delay in getting their children released from the NGO after completing the due process as per the law.

They complain that there is no proper designated space to wait. They have to rush to a nearby public toilet to attend nature's call. The parents, most of them are daily wagers, have to abstain from work as they wait, thus losing the wages.

Families waiting outside the NGO

"I have been visiting this NGO for the last three days. They told me that they could not release my nephew who was brought by the police while he was at a playground. His mother works as a Group D employee at a private hospital. She has to work without fail to make ends meet. So, I have come here to get my nephew released," said Radha (name changed), a resident of Kamakshipalya.

Rohan Singh Rajput, a relative of four children from Uttar Pradesh, was seen waiting near the NGO. He alleged that a volunteer at Majestic railway station caught the children when he had gone to buy the train ticket. "The volunteer assured me the enquiry would be over in 10 minutes. It all happened on Thursday morning. Today is Monday. All these days, the people at the NGO neither expedited the release of my relatives nor gave proper guidance," he said. He blamed the volunteers of the NGO for not letting him take his relatives after producing all the documents. "I do not know why they kept us waiting for more than five days. I did not go to work all these days. How to make ends meet?" he asks.

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Situation seems grim at Rampura Lake

Restoration work halted, lake condition has deteriorated; miscreants exacerbate matters

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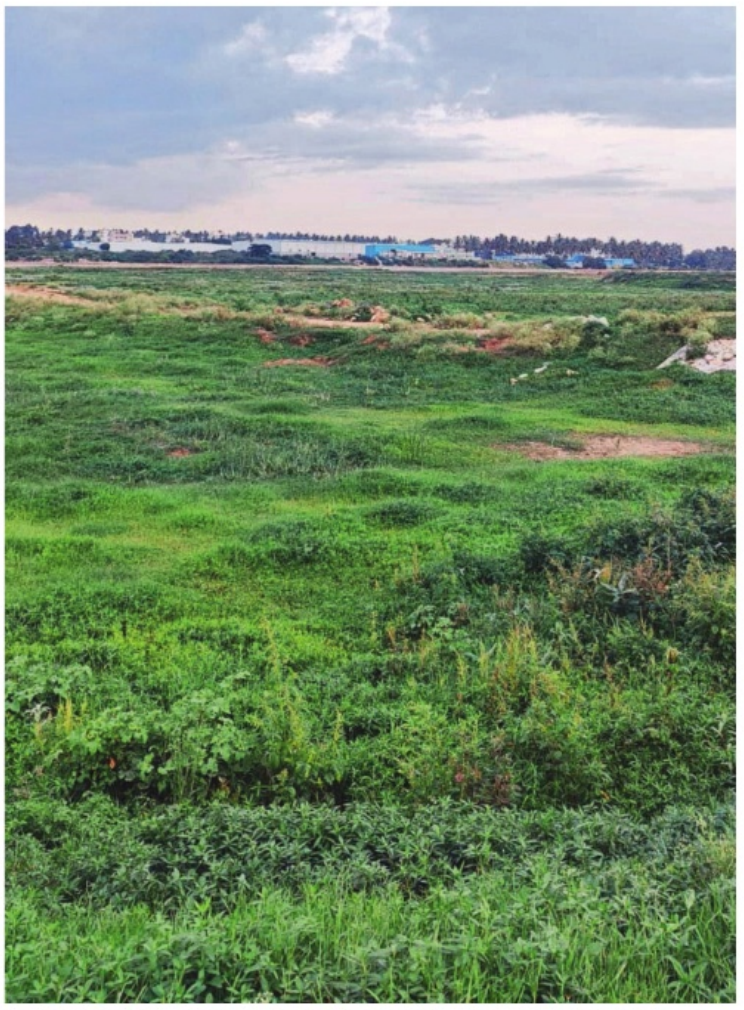
Recently, the Bruhat Bengaluru Mahanagara Palike (BBMP) took up the development of Rampura Lake. The lake had been deteriorating for years and was in bad condition. While it was a relief to the residents living close by that the lake could finally see development, the lake has again taken a back seat with the works halted, and the residents are now spotting illegal activities at the lake.

The Rampura Lake is a large 180-acre water body and is considered to be the second largest lake in Mahadevapura constituency. The lake had a rich biodiversity years ago and was home to many migratory birds. In 2020, the residents of Channasandra highlighted how the lake had gotten into a bad state due to negligence, mosquito breeding, and polluted water getting inside the lake. The residents even carried out cleaning in the lake surroundings three years ago.

Back in 2021, the former MLA of Mahadevapura constituency, Arvind Limbavali, visited and inspected the lake and asked to carry it out without any compromise in quality. However, the lake had only recently begun to fill. While the residents had spotted the work starting, it was not for long, they said.

Since the time of the MLA elections in Karnataka, the work had stopped, and post-election, the work had started but at a very slow speed. A few days ago, the residents observed that no work was carried out.

Mithun Muralidhar, a resident of the area and a regular walker at the lake, said, "This is a 180-acre, huge land, and we could only observe two earthmovers carrying out some work. For such a large lake, there needs to be more machinery and manpower in place for its development. The work was going at a snail's pace, and now, after a few days, we are hardly observing any work being carried out. With only two earthmovers, the lake work will go on for five years and more. The lake needs immediate improvement and redevelopment."



Residents highlighted that weeds have formed on Rampura Lake

The regular lake walkers highlighted that the weeds have formed on the lake and that there is even a lot of slush in the surrounding areas.

"With no work carried out, the weeds are forming and covering the entire water body. The BBMP should monitor the work carried out by the contractors and have the weeds removed," added Muralidhar.

> **People are drinking and throwing alcohol bottles at the lake. The lake premises are not clean. There is no walking track or fencing around the lake. Why is BBMP delaying work?** –a resident

Other residents said that they have even observed that illegal activities are being carried out at the lake as there are no boundaries or fencing there. Even during the night, many vehicles drive through the lake.

"People are drinking and throwing alcohol bottles at the lake. The lake premises are not clean. There is no walking track or fencing around the lake. When lake conservationists like Anand Malligavad can finish reviving a lake in 2–6 months through CSR funds, why is BBMP taking this long?" a resident said anonymously.

Furthermore, residents pointed out that the elected representatives only come during the time for elections to ask for votes, but they do not follow up on any development work.

Meanwhile, the BBMP was unavailable for comment.

Speaking about the delay in work, a member of the Mahadevpura Task Force (MTF) said, "Most contractors have stopped the work as the BBMP has to provide a clarification for cost. The payment has to be done by the BBMP, and since the payment is stopped, when it will be released is not clear. Most of the contractors have stopped the work or reduced the work by 60–70%. BBMP needs to address the problem."

Costly Vande Bharat train finds few takers

CONTINUED FROM PAGE 1

certain type of commuter, and so the number of takers remains low. "From the commuter's perspective, there is not much time difference between the two trains. The speed of Janshatabdi is 100 kmph, while Vande Bharat travels at 110 kmph. The price point does not justify the services being provided. Train users only get one catering service per trip. The Vande Bharat can be a one-time fantasy ride for a few commuters," Chitresh Shrivastava, Senior Non-Resident Fellow, Railways and Critical Transport Infrastructure, Global Policy Insights, New Delhi.

He added that the speed at which Vande Bharat operates is contradictory to the promises made in the campaign for it being the fastest train. "Additionally, being a single-line train, delays are expected. As a premium service, users expect faster arrival. Before Vande Bharat loses priority status, officials should consider improving the infrastructure on an urgent basis," he added.

Krishna Prasad of Karnataka Railway Vedike said that the Janshatabdi is for commoners, and Vande Bharat is for affluent people. "The difference in pricing is due to catering services. I travelled by the maiden train, and the train reached early. For the commoner, it might be a higher expense, but Dharwad is the second biggest city for commercial activities, and the train will find takers among the IT professionals in Bengaluru. If the travel time is reduced to five hours, it will be highly beneficial. People's response to the new train is yet to be seen. The new Shakthi scheme has also affected Vande Bharat users," he said.

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9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Dirty water
JP Nagar

Poor drainage at Ayyappa Road, Sarakki Garden, JP Nagar 6th Phase leads to stagnant water even after light rain.

Clear it
CV Raman Nagar

Garbage is left uncleared on Kaggadasapura Road, CV Raman Nagar. Authorities should do something.

The pits
RV Kendra

Here's a gutter located in the middle of the road near Rashtrotthana Vidya Kendra, under the flyover. This issue has remained unattended for the past six months.

Ailing stray dog tossed out with the garbage, dies

Residents allege that if not for waste worker's negligent act, dog could have been saved

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TWEETS @BangaloreMIRROR

An auto tipper worker allegedly dumped a sick stray dog alive along with the garbage. This shocking incident took place at BK Nagar in Yeshwanthpur on July 1. The incident not only shocked animal lovers and activists but also made them demand stern action against those responsible for the killing of the ailing stray dog.

"I gave some milk to the ailing dog while taking my pet for a walk in the morning. I had informed ASRA, an NGO working for street dogs, to send a vehicle to take the ailing dog for treatment. People at ASRA's slight delay in sending the vehicle at 12.45 instead of 12 noon, allowed the worker to dump the ailing dog along with garbage to a garbage auto tipper," said Ravindra MJ, a resident.

He said that he visited the spot where the dog was dumped along with garbage. "I met the worker who confessed to dumping the ailing dog alive. He told me residents of BK Nagar insisted on taking the ailing dog as a bad odour was emanating from it. The dog would have survived if it was not dumped with garbage and provided treatment," he said.

Cases of cruelty against stray dogs has seen a rise in city

Demanding stringent action against those responsible for the death of the stray dog, Arun Prasad, an animal activist said that there are specific directions issued by the BBMP Chief Commissioner in the SOP for the animal husbandry assistant directors to visit the spot in case an unnatural death is reported but the Zonal Assistant Director failed to visit the place even though AHVS Helpline brought the issue to their notice.

"We have brought this issue to the attention of the BBMP Special Commissioner and requested him to initiate action for not following the BBMP Chief Commissioner circulars," Prasad said.

Expressing shock and disgust, Dr Jagadish Mittur, a practising biotechnologist said that the healthy sustenance of our planet Earth is heavily dependent on a complex but harmonious relationship between the environment (forests, rivers, valley, flora, and fauna), animals, and humans. "When our (humans and animals) complex relationship with the environment is damaged, new disease-causing bacteria and viruses can get generated, spreading to animals and then as zoonotic diseases to humans," said Dr Jagadish Mittur.

Stating that several new infectious diseases occur in humans each year from animal sources around the planet, Dr Jagadish said that proper disposal of dead animals, livestock, dogs, and cats is extremely important to protect the health of both people and animals. "Animal carcasses may contain bacteria and other disease organisms, if not careful, can infect humans directly or through contamination of a residential water supply or even air we breathe as was the case during the past endemics, epidemics and pandemics," Dr Jagadish said.

Metro delay: Workers don't want to get back to B'luru

Project faces shortage of skilled manpower, as most head to other cities

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A shortage of skilled manpower has resulted in delays and slower progress on Metro lines. There has been pressure from the public and the government to finish the Metro projects as soon as possible. However, Metro construction is facing a peculiar problem: a shortage of manpower among contractors.

Sources have revealed that as Metro construction is being undertaken in 15 cities across the country, there is a scarcity of skilled workers. The majority of construction workers come from northern states. Currently, Metro works are underway in New Delhi, Ahmedabad, Noida, Bhopal, Jaipur, Amritsar, and other cities. Many workers prefer to find jobs in Metro projects elsewhere and are reluctant to travel to Bengaluru.

"We are experiencing a shortage of masons, carpenters, and bar bending workers. Consequently, civil engineering works are being affected. We require more than 250 workers for the Silk Board-KR Puram project, but finding manpower is extremely challenging," stated an official.

Namma Metro work is on hold due to a lack of manpower

"We are experiencing a shortage of masons, carpenters, and bar bending workers. Consequently, civil engineering works are being affected. We require more than 250 workers for the Silk Board-KR Puram project, but finding manpower is extremely challenging –an official

Another official mentioned that skilled workers come from Jharkhand, Odisha, West Bengal, and Bihar. The COVID-19 pandemic dealt a severe blow as many workers returned to their villages. Although some have returned, others have chosen to remain in their villages, contributing to the shortage. Despite offering flight or AC train tickets, many workers are unwilling to come. Skilled workers are needed for u-girders, pier caps, and steel works. There are many skilled workers in northern regions, but they are not willing to relocate.

Overall, there is a requirement for 300 carpenters, 400 bar benders, and 200 masons. "Due to the shortage of workers, the progress has slowed down a bit on the KR Puram to airport and RV road to Bommasandra lines," an official stated. Another official highlighted the high demand for skilled workers as infrastructure projects are being undertaken nationwide. Some workers who were previously employed in Bengaluru are now engaged in Metro projects in Bhopal, Chennai, Mumbai, Delhi, and Ahmedabad.

There have been various reasons for delays in Metro works. In previous years, the projects were hindered by the outbreak of COVID-19 and last year, heavy rains also disrupted progress. Nevertheless, Metro officials remain confident that they will complete 175 km of the Metro network by June 2025. By 2041, Bengaluru is expected to have a Metro network spanning 314 km.

Threat: Dharna at Sudeep's house

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On Monday Sandalwood producer, KC N Kumar threatened to stage a dharna either in front of Sandalwood actor-cum-director Sudeep's residence or at a shooting location where Sudeep's movie shooting is in progress. This dharna will take place if the latter fails to honour his commitment made seven years ago.

Speaking to media persons at Karnataka Film Chamber of Commerce, KCN Kumar has said that he has incurred a huge loss due to the failure of Sudeep to act in a Kannada movie that was supposed to go on floors after the release of a Kannada movie Vikrant Rona. "I was supposed to bankroll the movie Vikrant Rona but it did not happen due to some reasons. I have paid remuneration to Sudeep and other actors as per his advice," Kumar said.

Kumar said that Sudeep had invited him to Hyderabad and Bangkok to discuss the script of the movie. He also mentioned that this issue was discussed with Sudeep's better half who assured him to fix it, but it hasn't been resolved yet.

Kumar said "I tried my best to meet Sudeep but he did not answer my phone calls. Kannada Film Producers' Association president, Karnataka Film Chamber of Commerce president and other members visited his house. Letter written by me to the Karnataka Film Chamber of Commerce seeking justice, and KFCC president to Sudeep advising to sort out the issue amicably, nothing worked."

Later Sudeep had sent a reply to the KFCC through an advocate demanding proof of documents supporting K C N Kumar's claim of giving money to him, mentioned by Kumar

"I and other prominent personalities from Sandalwood visited Chennai to bring it to the notice of the South India Film Chamber of Commerce, that our intention is not to defame Sudeep but to get justice. I have been suffering silently for more than seven years. I have already sold a few properties to pay the interest for the loan availed from private financers, and have no patience to bear the further loss.", said Kumar

Meanwhile, Umesh Banakar, president of the Kannada Film Producers' Association said "Sudeep told us that he is ready to pay Rs 5.50 crore if KCN Kumar produces documents to prove that he gave money to him. Kumar bankrolled five Kannada movies in which Sudeep played the lead. I am confident of both sorting out the issue and working together in future."

Office spaces are giving HSR Layout new parking headache

Residents of area say offices must be asked to provide parking spaces to their employees as else all their roads get crowded out

| Melvin Mathew
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TWEETS @BangaloreMIRROR

As offices do not have parking spaces, employees park on the roads in HSR Layout, causing it to get too cramped

As companies are transitioning to work from the office over working from home, residents of HSR Layout are facing the brunt of poor parking management in the city. The growing neighbourhood of HSR Layout has seen a mushrooming of office spaces in the recent years.

A resident of HSR Layout, Lalithamba, said, "There is no distinction between commercial or residential areas when it comes to these working spaces. We don't know if these areas have any parking spaces. Vehicles are encroaching on the footpath of the main roads. Parked vehicles on the road make it difficult for people to walk. Despite there being wide footpaths, people have to walk on the roads. Is there no value for pedestrians and cyclists?"

She added that with more and more spaces being converted to working spaces the trees are disappearing in those stretches. "While issuing licenses, BBMP should ensure that these facilities have adequate parking spaces or are asked to find an alternate parking space."

As a fairly new hub preferred for office spaces, these areas are experiencing an increase in working and co-working spaces. With more and more working spaces sprouting, residents question why these facilities don't have their own parking spaces.

"We are facing a lot of issues with parking in HSR Layout. The entire layout gets covered by vehicles coming to co-working spaces. The issue will be present from morning till evening. Vehicles will be parked even on side roads. The roads get crowded, and it becomes a one-way. Motorists have to go through the stretch like it's an avenue road," said another resident, Suresh Bhaskaran.

"As of now, the whole HSR Layout has shared office spaces. The sudden expansion of office occupancy in the area is leading to parking issues in the area. These vehicles are parked on the road itself," said Rajat, another resident.

> **While issuing licenses to offices, BBMP should ensure that these facilities have adequate parking space**
> –Lalithamba, HSR Layout resident

Another resident, Madhusudhan Venkatesh, also said that there are a lot of parking issues in HSR Layout. "On the 19th main road, you can find lorries and buses parked on the roads. We also have abandoned vehicles parked on footpaths. We reported to the police officials, but there was no on-ground action."

India all set for final challenge of SAFF cup

After a nail-biting semi final qualifier on Saturday, India now face Kuwait in the finals of the Bangabandhu SAFF championship 2023. After a 1-1 draw against Kuwait in the group stages of the tournament due to an unfortunate own goal by Anwar Ali in the extra time, India will look to have an upper hand in the final hurdle after Gurpreet Singh Sandhu incorporated some incredible saves to keep a clean sheet in the semifinals.

India last emerged winners of the SAFF championship in 2021, beating Nepal. Indian defender Sandesh Jhingan missed out the semifinals match against Lebanon with 2 yellow cards in the tournament. Addressing the press conference ahead of the finals said, "I missed being on the pitch like any other footballer. I think they did really well and I feel the team didn't miss me much. If you have trained well enough considering a player is not available, the team philosophy and unity is exceptional. I was confident of getting into the finals and was preparing for it. The whole focus is against Kuwait and it is going to be a tough game."

Igor Stimac will not be taking the pitch in the crucial game, getting a red card in the game against Kuwait in the group stages and 2 match ban. Talking about the same, the assistant coach Mahesh Gawli said, " There is pressure playing finals at home. The last match with Kuwait was heated. We have given the message to the boys to be calm and cool."

Jhingan said a longer training camp helps the players.

The tickets for the cracker of contest are already sold out.

— Abhijeet Kabad

Bellandur residents put paper bags to good use

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> **Apartment residents store the paper bags, which the vendors later collect to reuse**
> –Charu Sharma, Bellandur resident who began initiative

After the ban on single-use plastics last year in July, many supermarkets and food delivery apps switched to using paper bags as an alternative. However, most people would discard these paper bags immediately after use, leading to unnecessary waste.

Charu Sharma, a proactive resident of the Sobha Daisy apartment in Bellandur, noticed this problem and decided to take action. In June, she initiated a pilot project aimed at repurposing paper bags. Charu observed people discarding their paper bags after exiting supermarkets. Motivated by this observation, she began raising awareness among her fellow apartment residents.

Over 400 paper bags have been collected and given to nearby street vendors. Charu's efforts included sending messages to apartment residents, urging them to save the paper bags and deliver them to a designated area at the apartment's security station."Simultaneously, I reached out to street vendors who still relied on plastic bags for their businesses and proposed that the paper bags could be given to these vendors. The response from the apartment residents was encouraging. They started storing the paper bags, which the vendors would collect. This collaborative effort enabled the apartment complex to establish a sustainable system for reusing paper bags," she said.

Odette Katrak from Beautiful Bengaluru, who has been pushing for a clean, green, and safe city, carried out awareness on International Plastic Bag Free Day on Monday.

"Everybody needs to go plastic bag-free every day. They need to ditch their single-use plastic bags and carry reusable bags. A lot of very good paper bags (both small brown ones as well as sturdier ones) are getting discarded in dry waste, and worse, they are being used to wrap sanitary waste instead of the recommended newspaper wrapping (which prevents the bags from being reused or recycled)," she said.

A suggestion for apartments is to collect such bags separately and drop them in a carton kept at a specified place, or give such bags in the daily garbage left outside the door, and train housekeeping to collect them separately for reuse. These can be passed on to street vendors as an interim measure in the Plasticfree Streets campaign across layouts, till all customers get into the habit of carrying their own bags, she added.

Odette mentioned that although paper bags are not a sustainable alternative, they are better than plastic bags because paper bags are biodegradable. "The continuous use of paper bags can deplete tree resources. Paper bags have a higher carbon footprint. It is best to switch to cloth bags, jute bags, canvas, cane, and raffia, which are reusable and eco-friendly at the same time," she said.

Game of manipulation

Chatbots can be used to create manipulative content — understand how this works

Manipulative communication includes disinformation, propaganda, con artistry and fraud. With the increasing use of artificial intelligence (AI), manipulative communication is not only being aided by AI, automation and machine learning, but will likely be dominated by such practices in the near future.

As communication scholars, we were interested in the applications of AI in supporting manipulative communication efforts. Our recent book, Social Engineering: How Crowdmasters, Phreaks, Hackers, and Trolls Created a New Form of Manipulative Communication looks at how the internet affected manipulative communication.

AI chatbots

ChatGPT, one of the most popular and widely used chatbots, is an artificial intelligence chatbot, capable of parsing text input and quickly providing text responses. While it has been critiqued for being misleading, when we asked it about the possibilities for manipulative communication, its response was prescient:

AI can be used for manipulative communication in some ways:

- Social media bots: AI-powered bots can be programmed to mimic human behaviour and spread false or misleading information to manipulate public opinion.
- Deepfake technology: AI algorithms can be used to generate fake audio or video content that appears to be real, making it easier to spread false information or manipulate individuals.
- Personalised advertising: AI algorithms can analyse data about a person's behaviour, preferences, and relationships to create targeted advertisements that manipulate their emotions and influence their purchasing decisions.

As we argue in Social Engineering, manipulative communication can be understood as a form of "masspersonal social engineering." It's "masspersonal" in that it can oscillate between targeted messages or societal-scale manipulation. It's "social engineering" in that it combines the respective tools and techniques of hackers and propagandists in an attempt to shape the perceptions and actions of audiences.

"Manipulative communication is also social engineering as it combines the respective tools and techniques of hackers and propagandists in an attempt to shape the perceptions and actions of audiences and it can be either targeted or be societal-scale

Masspersonal social engineering typically involves three stages: trashing, pretexting and bullshitting. Each of these stages can be automated, with new AI tools increasing the pace and intensity.

Trashing

Trashing is the stage where the masspersonal social engineer gathers information on potential targets. We use the term "trashing" because it hearkens back to a mid-20th century hacker process of literally going through corporate trash to find passwords and restricted information.

While social engineers still go through physical trash, these days trashing takes place in digital environments.

Digital trashing has already been automated. Facebook/Meta, Twitter and especially LinkedIn have been ripe targets for the automated gathering of data on potential targets.

Beyond social media, websites — particularly those that have organizational structures, names of employees and email addresses — are targets.

Pretexting

A pretext is the role a masspersonal social engineer plays when trying to get information or manipulate a target. For example, in a phishing email, the phisher is playing a role as a bank or government representative. The most effective pretexts are developed based on the information gathered in trashing — the more information a social engineer has on their target, the more likely the social engineer can construct a compelling role to play.

And pretexts can be automated. We've already seen the effects of socialbots on discourse in social media. And for several years people have sounded alarms about deepfake videos and audio of political figures.

But evidence from security professionals show that automated imitations of everyday people are happening, too. A case of fraud involving an AI-based imitation of a CEO's voice has already occurred, and there are reports of fraudsters using AI-generated voices of relatives to scam their loved ones.

Bullshitting

The third and final stage, bullshitting, is the actual engagement with the target. All the trashing and development of a pretext leads to this point: trashing gives the social engineer background information, and the pretext provides a role-playing framework, but in any back-and-forth engagement with the target, the social engineer engages in improvisation.

As moral philosopher Harry Frankfurt famously defines it, "bullshit" is not lying — it's the indifference to truth. A bullshitter may or may not speak the truth. The truth is beside the point; it's the effect of the communication that matters.

AI could produce bullshit content — including deepfakes — that floods a media system at a much larger scale than a person, or group of people, working together. The primary concern here is the production of seemingly real content that is meant to deceive or muddy debate.

Even if no one piece is particularly effective, the flood of such content online will further add to the "firehose of falsehood."

It's intense

Manipulative communication isn't new. But automated manipulative communication is a new development, increasing the pace and intensity of disinformation and misinformation.

We hope that this framework, which breaks down the manipulative communication process into stages, helps future researchers and policymakers come to grips with this development.

Reducing trashing behaviours involves better privacy regulations and cybersecurity to prevent data breaches, and enhanced penalties for organizations that do leak private data. Addressing pretexting can involve more transparency in the funding for advertising campaigns, particularly in the case of political advertising on social media.

And to combat bullshitting, we should support projects that teach digital media literacy.

(Robert W Gehl, York University and Sean Lawson, University of Utah for The Conversation)

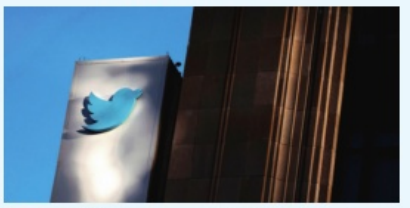
BITS & BYTES

COMPLAINTS RECEIVED

Meta received a record 16,995 complaints through the Indian grievance mechanism in the month of May, led by reports on inappropriate or abusive content (7,289 complaints), the social network has announced.

There were 6,787 complaints regarding bullying or harassment, 699 about fake profiles and 550 reports about account hacking, said the company, which has to publish the monthly compliance under the new IT Rules 2021. "We responded to 100% of these reports. Of these incoming reports, we provided tools for users to resolve their issues," said Meta. **IANS**

PAYBACK TIME



Elon Musk-owned Twitter is facing a lawsuit after being accused of failing to pay for services for offices located in London, Dublin, Sydney and Singapore. A Sydney-based infrastructure company Facilitate is seeking more than A$1 million in payments across the three businesses for alleged owed payments that date back to October of last year, when Elon Musk acquired Twitter, The Guardian reported.

According to case documents, Facilitate offered sensor installation in Twitter's London and Dublin offices and an office fit-out in Singapore. Also, the infrastructure company decommissioned Twitter's Sydney office in Australia and temporarily stored its contents. **IANS**

FOR TATTOOED WRISTS

Samsung Galaxy Watch's new update will include improved wearing detection for users with tattooed wrists.

The Samsung Community moderator in charge of the Galaxy Wear app recently posted a user reply on the official forums, stating that Samsung developers are working on a feature that will improve wearing detection for users with tattoos on their wrists, reports SamMobile.The moderator also said the update will be released in the second half of this year. The BioActive sensor in the Samsung Galaxy Watch 5 has developed to the point where it can reliably and precisely measure fitness activities and health data. **IANS**

Just built, but neglect catches up already

CONTINUED FROM PAGE 1

embarrassment to the great personality. The authorities concerned have become thick-skinned. They are developing public spaces only to make money,'' said HM Venkatesh, a social activist from Judicial Layout.

A visit to Sir M Visvesvaraya Square will make you regret that you undertook the trip at all. The stagnant dirty water accumulated in the square is nauseating. The accumulated water has also become a breeding place for mosquitoes so visitors are left vulnerable to health problems.

"The BBMP officials are not interested in maintaining the public spaces that have been developed by spending lakhs of rupees. The pathetic condition of Sir M Visvesvaraya Square is shocking.

This place is situated just a stone's throw away from the Vidhana Soudha and Vikasa Soudha,'' said BS Amaresh, a social activist.

Dirty water stagnates at the Sir M Visvesvaraya Square making it a mosquito hotspot

"A few miscreants vandalised the mini library at Sir M Visvesvaraya Square. We are taking measures to maintain it properly

The condition of Sir M Visvesvaraya Square will showcase the BBMP and the state government in a poor light, cautioned Vishnu Kumar, a pedestrian.

He said it has become a habit for the authorities to become apathetic towards the maintenance of public spaces that are visited by not only Bengalureans but also from those outside the state. "I want the BBMP to keep the space clean because it is named after a great personality whose contribution to Karnataka is immense,'' said Vishnu.

On December 27, 2022, Bangalore Mirror published a story on the poor maintenance of the water fountain situated at KR Circle, and a few hundred metres away from Sir M Visvesvaraya Square. The BBMP Executive Engineer (Traffic Engineering Cell) had blamed miscreants for the missing lights at the fountain. He assured this reporter that the problem would be fixed, but has not bothered to get to it.

BBMP Chief Engineer (Road and Infrastructure) BS Prahalad said that arrangements are being made to handover Sir M Visvesvaraya Square to a private builder for maintenance. "A few miscreants vandalised the mini library at Sir M Visvesvaraya Square. We are taking measures to maintain it properly. A reputed builder has come forward to maintain the square. The process will be completed in a week,'' said Prahalad.

A week it is then. We will just wait and watch.

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CHANGE OF NAME

I, Kiran Kumar J R/o 171/3, L N Puram Market Road, Nagappa Block, Srirampuram, Bengaluru 560021 have changed my minor son name from Ashith Kiran Reddy Kiran Kumar to Ashith Kiran Reddy, affidavit Dt.03/07/2023 notary Harisha G, B'luru

I, Mohmed Hassan R/o No-664 , 9th Cross , 2nd Stage , Nandini Layout , B'lore-560096 have changed my name to Mohammed Hussain for all purposes.

I, Sagupta Sajeed Pochi R/o 26/2, 14th cross, Ganesh temple street, Govindapura, Bengaluru - ru 560045 have changed my name to Sagupta Mohammed Absar affidavit Dt.03/07/2023 notary Harisha G, B'luru

I Sneha Raikar W/O, Gururaj Sheth R/o No 60 3rd Floor Akshaya Pride 7th Cross Road Malleshwaram Bengaluru Pincode 560003 Karnataka India have changed my name to Sneha Gururaj Sheth

I BALAJI THIYAGARAJAN S/o Thyagarajan R/o No. 154, 1st floor, 3rd cross, Muniswamappa layout, A Narayanapura, Doorvaninagar, Bengaluru, Karnataka - 560016 have changed my name from BALAJI THIYAGARAJAN to BALAJI THYAGARAJAN.

I,DAKSHAYINI G residing at 05, 3rd Floor, Sri Guru Enclave, 4th Cross, Amarjyothi Layout, Sanjaynagar, Bangalore-560094 have changed my name to Dhakshayani G vide affidavit Dated 3.7.2023 sworn before notary Bangalore

I, Harama Shaiza W/O, Atai Luikham R/o 009 Ds Max Springdale Apts, 5th Cross Rajanna Layout Horamavu Agara Bengaluru 560043 have changed my name to Harama Luikham for all purposes.

I, Nataraju R/o 19, 4th Main, 1st B cross, Muthyalanagar, Bengaluru 560054 have changed my name to NATARAJ NARAYANAPPA affidavit Dt.03/07/2023 notary Harisha G, Bengaluru

I, Yasmin Taj D/o Salahuddeen R/o Ilahi nagar Siddlaghatta have changed my name to S Yasmeen Taj.

I Sarfaraj Matheen S/o Mohammed Kaleem R/o #180 , Bhuvi Nilaya Vijaya Bank Colony ,24th cross Gokula Lay - out B'lore-560036 have changed my name to Sheikh Mathin

I Kishore samji patel R/o Flat-301,Durgashree Tanishq Arena Aptm, Nagondanahalli, Whitefield, B'luru 560066 have changed my name to Kishor samji patel for all purposes.

I, Nagma khanam Zafrulla W/o Sheikh Mathin R/o #180, Bhuvi Nilaya , Vijaya Bank Colony , 24th Cross , gokula layout , B'lore -560036 have changed my name to Nagma Khanam.

I, Saravana Bava . D R/o #51/1, 4th Cross Ejipura Vivek Nagar Post Bangalore - 560047 have changed my minor son's name from Prathik Samuel S to Dhaswin S for all purposes.

I, Syed Amjed Syed Mustafa R/o #4 6th cross shadab Nagar Kaval Bysarandra R T Nagar Bangalore 560032 have changed my name to Syed Amjad for all purposes.

I, Pravin Pandian Jayapandy S/o Jayapandy Chellam Aged About 20 Years R/at No.40, 3rd Street, Bank Avenue, Babusapalya, Banaswadi, B'luru-560043 wish to state that my father's and mother's name in my old passport is incorrectly printed as Jayapan -dy and Pandiammal respectively. Hence, my father's name has to be corrected to Jayapandy Chellam and my mother's name to Pandiamm -al Jayapandy respectively vide affidavit dtd:01/07/2023 sworn before Notary Uday Kumar K, Blr.

I, Hithendra Kumar M G S/o Gangadhara Swamy S R/o Sri Shiva Siri Nilaya, 2nd block, 4th Main Road, Kuvempunagar, Tumkur, 572103, have changed my name to Hithendra Kumar.

I, CHANDRAMA RAJENDRA DESHMUKH #36, Flat No.203, 2nd Floor, Andrade Apts, 2nd Cross Road, Dcosta Layout Cooke Town, Bangalore–84. I, have changed my name to CHANDRAMA DESHMUKH. Vide affidavit, dated 26/06/2023 Sworn before Notary: Y.V.Shankar, Bangalore

I, Bi Bi Sakeena R/o No-664 , 9th Cross , 2nd Stage , Nandini Layout , B'lore-560096 have changed my name to Farida for all purposes.

I, Hardik Chikkabidare Arunkumar R/o Chikkabidare, Chikkanayakanahalli Tq, Huliyur Hobli, Tumakuru 572228 have changed my name to Hardhik Chikkabidare Arunkumar affidavit Dt.03/07/2023 notary Harisha G, Bengaluru

I, Chennuru Naresh S/o Chennuru Srihari Reddy 1-61, Punabaka, Pellakuru, Tirupati, Andhra Pradesh-524129 have changed my name to Chennuru Naresh Reddy for all purpose

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HEALTH TIP: Broad beans and french beans are high in potassium which can help to support healthy blood pressure

High in vitamin C, tomatoes are a source of lycopene, an antioxidant that can support prostate health and fertility in men

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EAT, AS IT IS

Rather than cutting carbs out of your diet, eat them in their original fiber packaging instead

Fiber might just be the key to healthy weight management – and nature packages it in perfectly balanced ratios with carbs when you eat them as whole foods. Think unprocessed fruits, vegetables, whole grains, beans, nuts and seeds. Research suggests that carbohydrates are meant to come packaged in nature-balanced ratios of total carbohydrates to fiber. In fact, certain types of fiber affect how completely your body absorbs carbohydrates and tells your cells how to process them once they are absorbed.

Fiber slows the absorption of sugar in your gut. It also orchestrates the fundamental biology that recent blockbuster weight loss drugs like Wegovy and Ozempic tap into, but in a natural way. Your microbiome transforms fiber into signals that stimulate the gut hormones that are the natural forms of these drugs. These in turn regulate how rapidly your stomach empties, how tightly your blood sugar levels are controlled and even how hungry you feel.

It's as if unprocessed carbohydrates naturally come wrapped and packaged with their own instruction manual for your body on how to digest them.

I am a physician scientist and gastroenterologist who has spent over 20 years studying how food affects the gut microbiome and metabolism. The research is clear – fiber is important not just for happy bowel movements, but also for your blood sugar, weight and overall health.

Carbohydrates without their wrappers

Unfortunately, most Americans get the majority of their carbohydrates stripped of their natural fibers. Modern processed grains like white rice and white flour as well as many ultraprocessed foods like some sugary breakfast cereals, packaged snacks and juices have removed these fibers. They essentially come unwrapped and without instructions for the body on how much it should absorb and how it should process them. In fact, only 5% of Americans eat the recommended amount of carbohydrates with enough of their natural packaging intact. Guidelines recommend at least 25 to 30 grams of fiber a day from food.

It may not be surprising that lack of fiber contributes to diabetes and obesity. What is surprising is that the fiber gap also likely contributes to heart disease, certain types of cancer and maybe even Alzheimer's disease.

One popular approach to mitigating some of the ill health effects of low fiber and high refined carbohydrates has been to limit carbohydrate intake. Such approaches include the low-carb, keto, paleo and Atkins diets. Each diet is a variation on a similar theme of limiting carbohydrates to varying amounts in different ways.

There is scientific backing to the benefits of some of these diets. Research shows that limiting carbohydrates induces ketosis, a biological process that frees energy from fat reserves during starvation and prolonged exercise. Low-carbohydrate diets can also help people lose weight and lead to improvements in blood pressure and inflammation.

That said, some keto diets may have negative effects on gut health. It is also unknown how they may affect heart health, some forms of cancer and other conditions in the long term.

Even more confusing, research shows that people with diets high in plant-sourced carbohydrates, like the Mediterranean diet, tend to lead the longest and healthiest lives. How can this be reconciled with studies that suggest that low-carbohydrate diets can benefit metabolic health?

Is a carb a carb?

The answer may have to do with the types of carbohydrates that studies are evaluating. Limiting simple sugars and refined carbohydrates may improve certain aspects of metabolic health, as these are some of the most easily digested and absorbed calories. But a more sustainable and comprehensive way of improving health may be increasing the percentage of unprocessed, more complex and slowly absorbed carbohydrates that come with their natural packages and instructions intact – those that have fiber.

These natural carbohydrates can be found in whole grains, beans, nuts, seeds, fruits and vegetables. They come in ratios of total carbohydrate to fiber that rarely exceed 10-to-1 and are often 5-to-1 or lower. Eating mostly whole foods is a simple way to ensure you're consuming quality carbohydrates with the right ratios.

But who doesn't like to have a big bowl of pasta or cake with ice cream on occasion? Focusing on packaged processed foods that maintain carb-to-fiber ratios of at least as low as 10-to-1 or ideally 5-to-1 can help you make the best choices when picking more processed foods at the store. Take a look at the nutrition facts label and simply divide total carbohydrates by dietary fiber.

On occasions when you're eating out or celebrating someone's birthday, consider taking a fiber supplement with your meal. One pilot study found that a supplement containing a blend of fibers decreased the blood sugar spike – an increase in glucose levels in the blood that if too high can damage the body over time – after a meal in healthy individuals by roughly 30%.

Listen to your body

While almost all fiber is generally good for health in most people, not all fiber affects the body in the same way. Consuming a range of different types of fiber generally helps ensure a diverse microbiome, which is linked to gut and overall health.

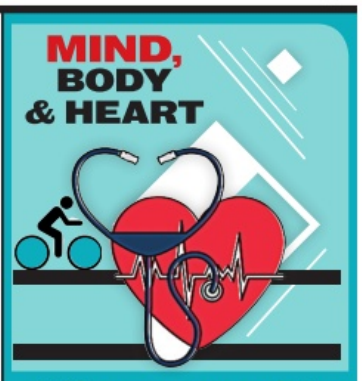
But certain medical conditions might preclude consuming certain types of fiber. For example, some people can be particularly sensitive to one class of fiber called FODMAPS – fermentable oligosaccharides, disaccharides, monosaccharides and polyols – that are more readily fermented in the upper part of the gut and can contribute to symptoms of irritable bowel syndrome like bloating and diarrhea. High-FODMAP foods include many processed foods that contain inulin, garlic powder and onion powder, as well as whole foods including those in the onion family, dairy products, some fruits and vegetables.

Listen to how your body responds to different high-fiber foods. Start low and go slow as you reintroduce foods like beans, seeds, nuts, fruits and vegetables to your diet. If you have trouble increasing your fiber intake, talk with your health care provider.

Tools like this online calculator I've created can also help you find the highest-quality foods with healthy fiber and other nutrient ratios. It can also show you what proportions of fiber to add back to sugary foods to help achieve healthy ratios.

I wouldn't endorse eating sweets all the time, but as my three daughters like to remind me, it's important to enjoy yourself every once in a while. And when you do, consider putting the carbs back in their fiber wrappers. It's hard to improve upon nature's design.

Christopher Damman, University of Washington, The Conversation



All you need to know about...

Too much Vitamin D

Risks of taking more than recommended Vitamin D
A recent study from the University of Eastern Finland found that taking higher-than-recommended vitamin D dosages for five years lowered the incidence of atrial fibrillation in older men and women.

What is atrial fibrillation?
Atrial fibrillation is the most prevalent arrhythmia, with an increased risk with age and an increased risk of stroke, heart failure, and death. Vitamin D has been demonstrated to have an influence on the atrial shape and electrical activity of the heart, implying that it might prevent atrial fibrillation.

About the study
The Finnish Vitamin D Trial, FIND, was conducted at the University of Eastern Finland from 2012 to 2018. Its major goal was to investigate the correlations of vitamin D supplementation with the prevalence of cardiovascular illnesses and malignancies. The five-year study included 2,495 participants, 60-year-old or older men and 65-year-old or older women.

Supplementation groups
Three groups: one placebo group and two vitamin D3 supplementation groups, with one group taking a supplement of 40 micrograms (1600 IU) per day and the other taking an 80 microgram (3200 IU) per day. All participants were also permitted to take their own vitamin D supplement, up to 20 micrograms (800 IU) per day, which was the recommended level at the start of the trial. During the five-year study, 190 participants were diagnosed with atrial fibrillation.

—ANI

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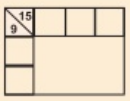
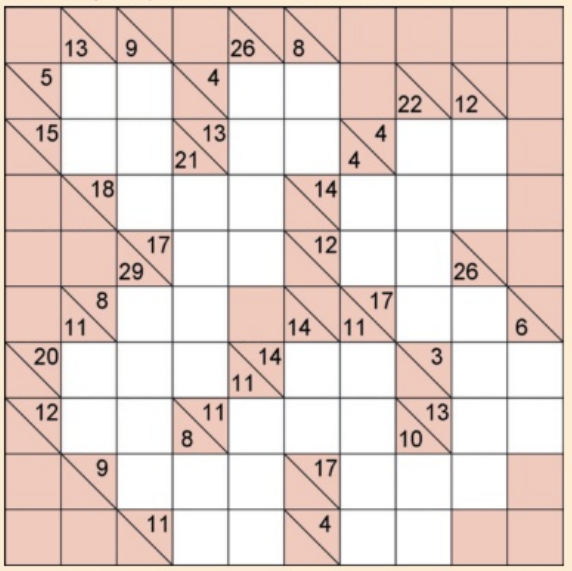
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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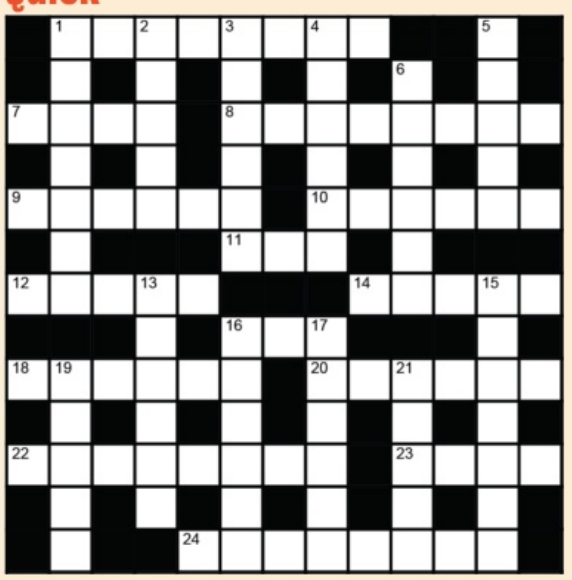

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1 Explosive device with a ticker? (4-4)
7 Weaken or give out (4)
8 Good -____ : genial ? (8)
9 High-pitched (6)
10 Take in as food (6)
11 Black beetle (3)
12 Eccentric (5)
14 Obnoxiously forward (5)
16 Storage container (3)
18 ____ Lake: Picnic spot north east of the city. (6)
20 Make certain (6)
22 Honoured as holy (8)
23 Information in short? (4)
24 Recklessly wasteful (8)

DOWN

1 Windpipe (7)
2 Many (prefix) (5)
3 See, look at (6)
4 Biography (6)
5 Two-part pieces (5)
6 Martial art (4,2)
13 Social media pests (6)
15 Injurious or detrimental (7)
16 Maker of beer (6)
17 Required (6)
19 South American ruminant (5)
21 David's weapon (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS G

ISRU GCLDUBRLG GCDLC DPCQUB AQNR URQBSMJXLG... PJZZXUQCQRG DLR LRQUOQBJLDCRV.

Linemaro

Take love, multiply it by infinity and take it to the depths of forever .. and you still have only a glimpse of how I feel for you

Mindchow

There is an ancient peace you carry in your heart and have not lost

Joke of the day

Why did the librarian slip and fall on the library floor? Because she was in the non-friction section

Loop

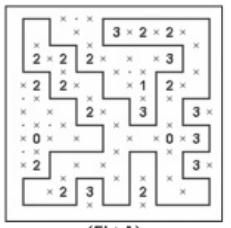
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

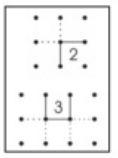
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

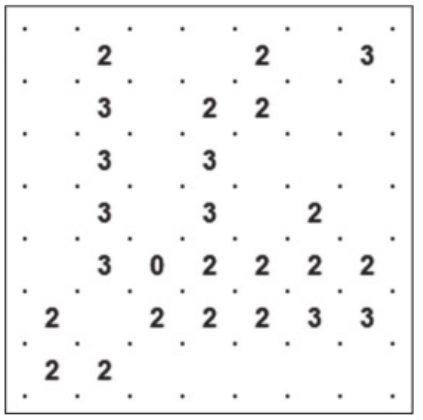
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



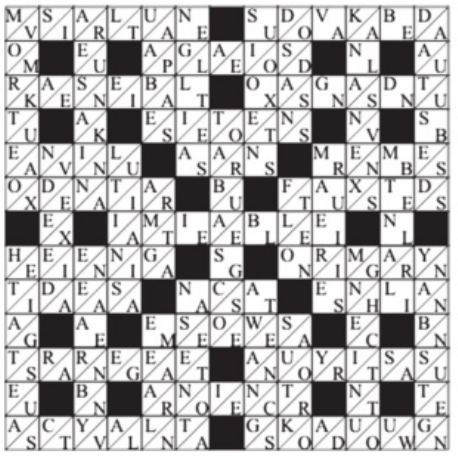
(Fig A)



(Fig B) Not Allowed



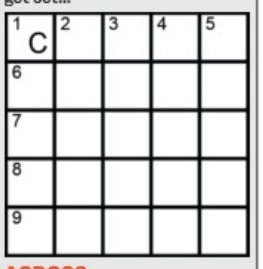
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

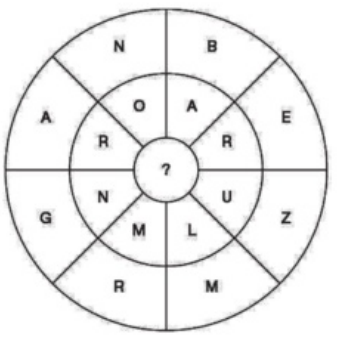
1 A cosh; 6 Short; 7 I a duo; 8 Refer; 9 Brief

DOWN

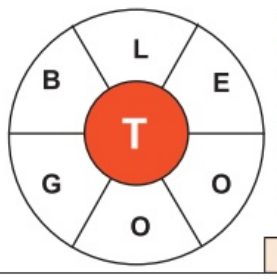
1 Haf Cf; 2 Hi our; 3 Beard; 4 I rose; 5 Rotes

Mensapuzzle

What letter is missing from the centre?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

		6	3		2	1		5
5					7			
	2			5			6	8
	3							7
		5				6		
9							8	
4	9			2			7	
			5					2
2		7	6		9	4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

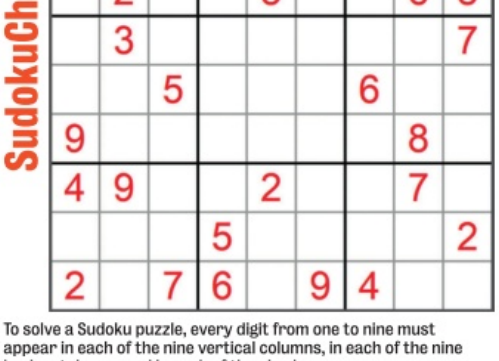
Easy = 3
2 6 6 7

Medium = 26
2 3 6 8

Hard = 5
2 6 6 3

Hocusfocus

Find at least six differences in details between panels.



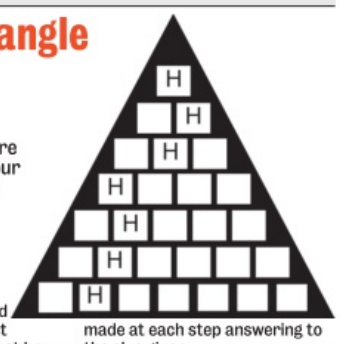
Differences: 1. Leg is moved. 2. Hair is different. 3. Table leg is different. 4. Window is added. 5. Arm is moved. 6. Seat cushion is thicker.

Riddler

Which three letter word completes the following longer words: do—er, s—ger, —gle, se—e

Alpha triangle

1 Atomic number 1
2 Huh
3 Haggard book
4 Chops
5 Mouselike creature
6 Monsoon downpour
7 More flamboyant



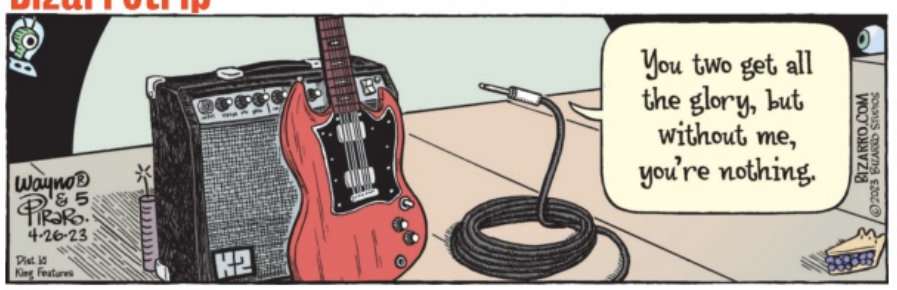
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

DID YOU HEAR ABOUT THE KLEPTOMANIAC WHO STOLE THE RAFFLE TICKETS?
NO, I DIDN'T
HE TOOK BIG CHANCES
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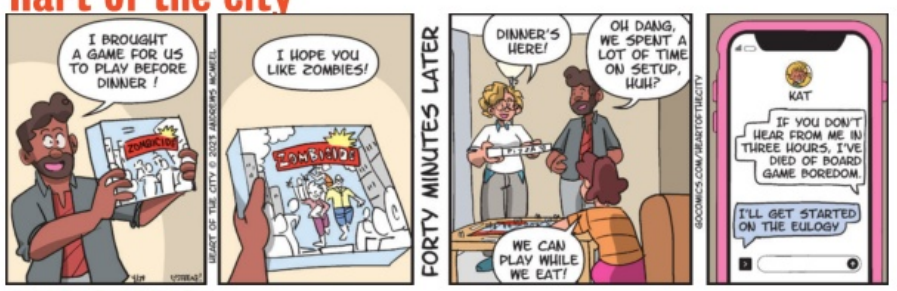
www.creators.com

Hart of the city


I BROUGHT A GAME FOR US TO PLAY BEFORE DINNER!
I HOPE YOU LIKE ZOMBIES!
FORTY MINUTES LATER
DINNER'S HERE!
OH DANG, WE SPENT A LOT OF TIME ON SETUP, HUH?
WE CAN PLAY WHILE WE EAT!
KAT
IF YOU DON'T HEAR FROM ME IN THREE HOURS, I'VE DIED OF BOARD GAME BOREDOM.
I'LL GET STARTED ON THE EULOGY

Crankshaft

NOT THAT LONG AGO I WAS SITTING WHERE YOU ARE.
YOU MEAN AS AN ASPIRING WRITER?
OHIOANA BOOK FESTIVAL
NO... I JUST MEANT THAT I GOT HERE EARLY AND WAS SITTING IN ONE OF THOSE CHAIRS WAITING FOR EVERYONE ELSE.
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today some dissatisfaction may come into your mind; you may feel lazy and dull, it affects your current speed of the project or work in terms of delay. Love birds are advised to avoid any important decision in terms of marriage. Job seekers may get disappointments in terms of interviews. You will waste your precious time on worthless tasks.

Taurus Apr 21 – May 20
Today you may feel dull. Your focus may be lost towards your targets; you may hypothetically take some decision, which may be seen beyond reality. Your expectation may be very high and because of impatience you are not able to fulfil your expectation; you may be upset. You are advised to be careful in adventure tours and rash driving. But by afternoon your profits may be increased.

Gemini May 21 – Jun 21
Today you are likely to control your internal weakness after analysing yourself; you may be confident. You may fight against flesh and addictions of any stuff. You may get singles who are likely to find their good match. Love birds are now having clarity in their relationship. You may expect some opportunities for overseas travel. Students will hear good news in terms of academics.

Cancer Jun 22 – July 23
Today you may feel better, situations may be under control. Your network may help you in the workfront. You may plan for overseas travel. This is a good time to increase the domestic harmony and love life. With the help of creativity, you may bring some artifacts or creative stuff for the family. You may also plan to watch movies or go for outings with friends or family.

Leo Jul 24 – Aug 23
Today you may get tired due to overworking. It may make you lazy and careless; you are advised to keep patience. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may convert into dead stock. Students advised to work hard. You may have back ache, nervous system, lever related issues and skin issues.

Virgo Aug 24 – Sep 23
Today your creativity may be high; you may plan to renovate the house. You may buy some stuff to renovate your house or office, which may increase social status. There is likely to be some harmony with the spouse,which will create harmony in domestic life. Disputes with friends, coworkers and partners may be settled down. You may get good news in terms of litigation.

Libra Sep 24 – Oct 22
Today your creativity may be high; you may attend some creative event. Your money which was stuck, may be recovered now. Jobseekers are advised to update their knowledge with the latest one. Students are advised to input some more effort in their academics.

Scorpio Oct 23 – Nov 22
Today you may be busy with kids' academics; you may plan for their higher studies also. Couples may hear good news in terms of kids. You may think to update yourself and make some plan for higher studies to get a promotion in the current job. Singles may find their soulmate.

Sagittarius Nov 23 – Dec 22
Today you may be escaped from reality, you may not be able to take your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Elders' health may make you upset. You may plan to reconstruct your house, it is advised to postpone renovation for a while.

Capricorn Dec 23 – Jan 20
Today you may help needy people, it may increase your social respect. You may also put your hundred per cent effort in your work, resulting in it being completed before time. You may hear some good news from your sibling. Too much work may make you tired; you are advised to avoid stress today, otherwise stress can affect both your professional and personal life.

Aquarius Jan 21 – Feb 19
Today you may be busy with family and social events; you may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money buying artifacts, other stuff, which will improve your social status. You may hear some good news from one of your close relatives.

Pisces Feb 20 – Mar 20
Today disputes with the siblings may be settled down, it may boost your relationship with the siblings. Your vitality seems to be good, it may help you to complete difficult projects easily. You may expand your network after a short work-related trip. You may also help some needy person, it may increase your social status.

KIDZONE

Dakshith Rao V, 6 years, DRDO KG Scool

Aarya S Bhat, 5 years, Little Flower Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=((125⁸+25¹³)/(125⁸+25⁸))⅓ begot, belt, blot,
=((5¹⁸+5⁹⁰)/(5²⁴+5¹²))⅓ bolt, boot,
=((5¹⁸(1+5¹²)/5¹²(5¹²+1))⅓ BOOTLEG,
=5⁶⁰⅓ = 25 goblet, loot, tool

BULL'S EYE

FAST FIVE

RIDDLER
Wag; Do-wag-er,
s-wag-ger, WAG-gle,
se-WAG-e

STRIKE OUT

QUICK

MENSA PUZZLE
E: so that each line of letters produces an anagram of a colour: amber, green, azure, lemon.

QUOTE UNCODE
When strangers start acting like neighbours ... communities are reinvigorated.

SUDOKU

7	8	6	3	9	2	1	4	5
5	4	1	8	6	7	2	3	9
3	2	9	4	5	1	7	6	8
8	3	4	2	1	6	9	5	7
9	6	2	7	4	5	3	8	1
1	7	5	9	3	8	6	2	4
6	1	3	5	7	4	8	9	2
4	9	8	1	2	3	5	7	6
2	5	7	6	8	9	4	1	3

ALPHA TRIANGLE
H, Eh, She,
HewS, SHrew,
Shower,
Showier.

GO FIGURE
Easy
6 + 6 – 2 – 7 = 3
Medium
3 + 6 x 2 + 8 = 26
Hard
2 + 6 – 6 + 3 = 5

LOOP

KAKURO

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 # Living a fairytale
Soha Ali Khan, Kunal Kemmu enjoy summer vacation in Disneyland, call it 'Good fairytale'

Mischief on sets

Shahana reveals unknown side of co-star Vidya

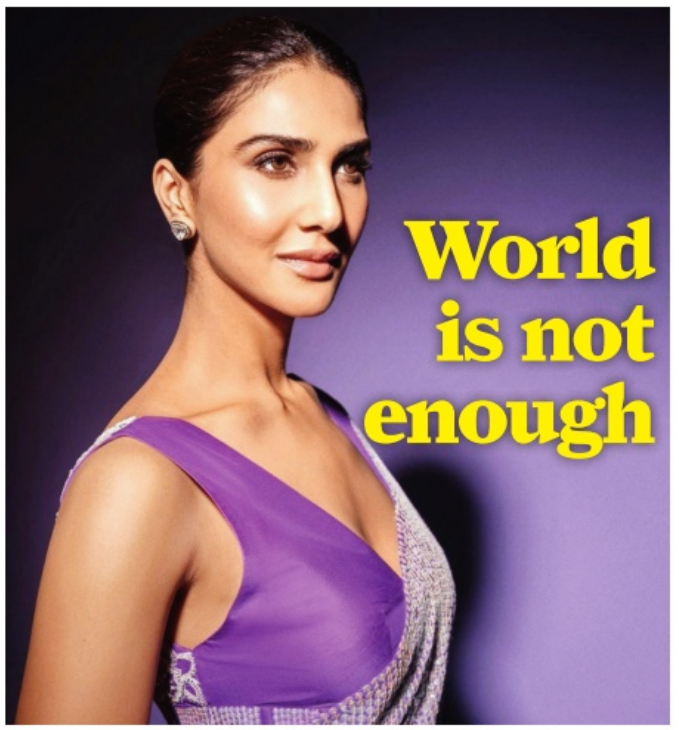
Shahana Goswami is spilling the tea about her time on the film sets with her Neeyat co-star Vidya Balan.

Ahead of the release of the film, the actress, in a candid chat with a portal revealed that Vidya had quite the mischievous side and tried to prank a visitor on the sets, but sadly did not succeed. Shahana revealed that she informed Vidya that her friend would be visiting her on-set when the actress suggested that she would pretend that she didn't know English and would speak to them only in Hindi.

However, she couldn't keep up her act for too long and confessed that she was only trying to prank them. While she may have not been able to pull off that prank, she made sure to have some fun with her co-stars and crew members. The film marks her return to the big screen after films like Shakuntala Devi, Sherni, and Jalsa had direct-to-ott releases. Apart from this upcoming whodunit, Vidya also has a romantic comedy titled Lovers with Pratik Gandhi lined up for its release. Directed by Shirsha Guha Thakurta, the film, also features Ileana D'Cruz and Sendhil Ramamurthy in leading roles.

—ETimes

"Vidya has a mischievous side and she tried to prank a visitor on the sets



Actor Vaani Kapoor is super excited about her global tours.

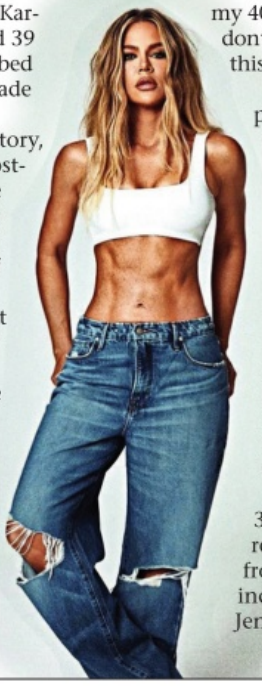
She will soon perform with Hrithik for her first-ever UK tour 'Stars On Fire' in London & Leeds. It will take place on September 1 at OVO Arena, Wembley, London, and September 2 at First Direct Arena, Leeds. She will also perform in the US.

Vaani said, "I have always loved performing and entertaining audiences either through my movies or through my on stage performances. I want to always give my 100 per cent either on screen or on stage and I have been fortunate enough to receive a lot of love for my efforts."

"I'm a proud member of the artiste community of India who constantly aspires to showcase the best of India to the world. So, I always look forward to doing global tours where I could take our loved Hindi films and it's music to that audience. It has been a whirlwind year for me as I did my maiden USA tour early this year, I'm doing a UK tour with my co-star Hrithik Roshan now," she added. Vaani feels her worldwide viral hits help her to connect with audiences quickly because most of her songs are familiar and superhits amongst the Indian and South Asian diaspora.

—ANI

Khloe wants to be in her 40s



Reality TV star Khloe Kardashian, who turned 39 last week, has described her 30s as "the worst decade ever."

Taking to Instagram Story, 'The Kardashians' star posted a video of some of the gifts she had received for her birthday. She said: "I don't love showing all of my gifts because I think it's sort of obnoxious, but this one was too funny. I hate being in my 30s, like, it's the worst decade ever."

She then showcased a birthday card from a friend which had the number 39 printed in bold black letters, a plus sign, and a hand holding up the middle finger, and added: "And I cannot wait to be in my 40s. So, this card, Alexa I don't know where you found this... but it's genius."

Kardashian also posted a photo of another cheeky birthday gift - a T-shirt printed with her infamous 2007 mugshot and a Parental Advisory label added underneath. A camera and some film were also seen placed on top of the piece of clothing. Other photos shared showed the star receiving huge bouquets of flowers from loved ones, as well as chocolate and candy treats.

Khloe celebrated her 39th birthday recently and received a series of tributes from family members, including her mom, Kris Jenner.

—IANS

Sonam in Paris

Actor Sonam Kapoor has been invited by iconic luxury design house Dior to attend its autumn-winter show at the Paris Fashion Week on Monday, her official spokesperson confirmed.

The Indian actor will attend the fashion event alongside Academy Award winner Natalie Portman among the who's who of the fashion world, a press release said.

Dior, founded by legendary fashion designer Christian Dior, will showcase its latest haute couture collection at the fashion week. Sonam was also part of the guest list for Dior's first fashion show in India since 1962, held in March at the Gateway of India in Mumbai, the release added.

She last attended the Paris Fashion Week as a showstopper for designer label Ralph & Russo in 2017.

On the acting front, Sonam will be seen in the upcoming film "Blind".

— PTI

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Simple and funny

Debutant director Ravi Kiran has been busy with preparations for the release of Nimmellara Ashirvada, a poster of which was released recently. Ravi was digital content editor with a vernacular daily before turning to direction.

"This movie's screenplay is its speciality. A majority of Kannada movies use nonlinear narrative, but Nimmellara Ashirvada is in the linear category. It is a simplified drama that explains the incidents in the life of a police inspector. I have told the story humorously," said Ravi.

Varun Hegde has bankrolled the movie under Varun Cine Creations banner. "There is no violence or obscenities in the movie. There are a few scenes with alcohol and cigarettes. So, the Central Board of Film Certification issued a UA certificate to it," the director said.

A dog's life

Raghu Hassan debuts as a director in Sandalwood with Naanu Matthu Gunda 2, a sequel to Naanu Matthu Gunda that was released in January 2020. The movie was directed by Srinivas Thimmaiah while Raghu Hassan bankrolled it. Raghu Hassan is handling the megaphone for the sequel.

"As of now, we have completed 50 percent of the shooting in and around Mysuru. Simba, a dog, is playing a key role in this movie. The owner of Simba passed away in Naanu Matthu Gunda and Simba becomes lonely. The sequel is about how Simba leads life," said Raghu.

He said it was not easy to handle Simba during the shooting. "I have to be patient and cope with the number of takes Simba takes. The process is on to select the cast for this movie," said Raghu.

As of now, R P Patnaik, a well-known music director in Telugu film industry, has been selected to compose music for this movie while Ruthvik Muralidhar is composing the background score. KM Prakash is the editor while dialogues are by Rohith Raman and lyrics by V Nagendra Prasad.